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Housekeepers' Chat Monday, September 23, 1929.

Not for publication

Subject: "When the Dinner Bell Rings." Information from Bureau of Home Economics, U.S.D.A.

Bulletins available: "Aunt Sammy's Radio Recipes;" "Homemade Apple and Citrus Pectin Extracts and Their Use in Jelly Making;" and "Making Fermented Pickles."

--ooOoo--

"You just wait!" Mother used to say, in exasperation. "Just wait till your father comes home, and if he won't give you children a lecture!"

As a matter of fact, my small brothers and I behaved so well the half-hour just before father came home, that mother forgot her threat, unless we had been unusually naughty. But when father did give us a lecture, it was one we remembered.

I haven't been lectured for a long time, till this morning, when Uncle Ebenezer handed me this little piece of prose, called "Take it Easy":

"When a meal that is ten minutes late upsets your disposition for the rest of the day, when Tom's muddy tracks in the kitchen nearly make you lose your temper, when the household duties seem to pile up endlessly, it is probably time to take an hour or even a day off to rest, for it usually is tiredness that makes you cross and irritable.

"But why not think it over, to see if each day's work can be made easier? Perhaps a high stool in the kitchen will help by allowing you to take the weight off your feet a while. Such a stool can be used at the sink while you are preparing vegetables, or washing dishes, or even for the ironing. Just because you never sat down to such jobs doesn't mean that you can't begin now. Or move the work-table or cabinet and the supply closets nearer the sink and stove to save steps. Get a service wagon or tray-on-wheels to cut down the number of trips between the dining room and pantry.

"Collect the mending bag, the darning, the sewing machine and all the rest of the sewing equipment in one room, or in one corner of a room, and keep it there so you will have just one place to go when you have a few free minutes to sew. And train Tom to wipe his own muddy tracks, and the rest of the family to put away their own belongings -- train them cheerfully, of course, but firmly just the same. Plan definitely so that you can take life a bit more easily and the wrinkles will begin to smooth out and the whole world will look brighter."

Pretty good advice, isn't it? It's hard to be cheerful and optimistic, when you're all tired out, from over-work.

The next number on our program this morning is a menu, featuring Baked Cucumbers. What's that? The lady on the left says she never heard of Baked Cucumbers, and she wouldn't think of eating a dish she'd never even heard of! Well -- something will have to be done about that. Wouldn't you just taste a Baked Cucumber, say if I baked it for you, and filled it full of a delectable stuffing?

Come on over for dinner tonight -- I'll serve Cold Sliced Meat; French Fried Potatoes; Baked Cucumbers; some of the tart jelly I made last week; and Watermelon. Probably the last time this year that I'll get a chance to serve watermelon.

You'll find directions for French Fried Potatoes on page 20 in the radio cookbook -- the indispensable green cookbook, without which no modern bride should take up housekeeping.

And here's the recipe for Stuffed Cucumbers -- eight ingredients, for Stuffed Cucumbers:

4 large cucumbers	1 cup dry bread crumbs
2 tablespoons chopped onion	1 cup tomato pulp
2 tablespoons chopped parsley	1 teaspoon salt
4 tablespoons butter	Pepper

Eight ingredients -- check them please: (Repeat ingredients).

Wash and pare the cucumbers and cut them in half lengthwise. Scoop out as much of the seed portion as possible without breaking the fleshy part, parboil the cucumber shells in lightly salted water for 10 minutes, and drain. Meanwhile cook the onion and parsley in the butter, add the other ingredients and the cucumber pulp, and cook this mixture for 5 minutes. Fill the cucumber shells with the hot stuffing, place in a shallow baking dish, add a little water to keep from sticking, and bake in a moderate oven for 15 minutes, or until the stuffing has browned on top. Serve in the baking dish.

Let's repeat the menu: Cold Sliced Meat; French Fried Potatoes; Baked Cucumbers; Jelly; and Watermelon.

Now for the questions --

First: "Do you have any printed directions for making apple pectin extract?"

Yes -- there are complete directions in a circular called "Homemade Apple and Citrus Pectin Extracts and Their Use in Jelly Making." As every good jelly-maker knows, concentrated apple juice is a reliable source of pectin, which is necessary for making jelly, and a supply of it put up while apples are in season will be found very useful throughout the year. It may be added to fruits which will not make jelly alone, such as peaches, pineapples, and rhubarb.

Next question: "Can you tell me how to make 'Nancy Hanks' pickles? They are also known as 'bread and butter' pickles."

Answer: The term "bread and butter" pickles generally refers to cucumber rings which are held in weak brine overnight, and then put in jars and covered with spiced vinegar, to which a little olive oil has been added. I have no receipe for making "bread and butter" pickles, and besides, the Receipe Lady says you'll get better results by putting the whole cucumber into the brine first, and then slicing them and putting them into the vinegar and oil. The bulletin which I am sending you, "Making Fermented Pickles," gives complete directions for making the whole cucumber pickles.

Send me any questions you like, on jelly- or pickle-making. I'll see that they are answered promptly.

Tomorrow: "What Green Tomatoes Are Good For."

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